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FAMILY FOOD BUDGETS

FOR THE

USE OF RELIEF AGENCIES

FOR EVERY CHILD
EVERY DAY

At least

ONE PINT OF MILK

(He *should* have 1½ to 2 pints)

TWO TEASPOONFULS OF
COD-LIVER OIL IF HE IS LESS THAN
TWO YEARS OLD

(He *should* have 3 to 4 teaspoonfuls)

ONE VEGETABLE OR FRUIT

(He *should* have three or four)

And also

PLENTY OF BREAD, CEREALS
AND OTHER ENERGY
AND BODY-BUILDING FOODS

UNITED STATES
DEPARTMENT OF LABOR

CHILDREN'S BUREAU

AND

UNITED STATES
DEPARTMENT OF AGRICULTURE

BUREAU OF HOME ECONOMICS



UNITED STATES
GOVERNMENT PRINTING OFFICE.
WASHINGTON: 1933

ADEQUATE DIETS AT MINIMUM COST

CONTAINING AMPLE MARGIN OF SAFETY IN PROTECTIVE AND OTHER FOODS

Approximate quantities needed weekly by typical families

Item	2 adults	Parents and 1 child ¹	Parents and 2 children under 12 years	Parents and 3 children under 15 years ²	Parents and 4 children under 15 years ²	Parents and 5 children under 15 years ²
MILK, pasteurized whole, or its equivalent ³	7 qts. \$---	14 qts. \$---	21 qts. \$---	28 qts. \$---	31½ qts. \$---	35 qts. \$---
VEGETABLES AND FRUIT—						
Potatoes, sweetpotatoes	6 lbs. ---	8 lbs. ---	11 lbs. ---	13 lbs. ---	15 lbs. ---	19 lbs. ---
Dried beans and peas, peanut butter	1 lb. ---	1-1½ lbs. ---	1½ lbs. ---	2 lbs. ---	2½ lbs. ---	3 lbs. ---
Tomatoes ⁴	2 #2 cans. ---	3 #2 cans. ---	4 #2 cans. ---	3 #3 cans. ---	3 #3 cans. ---	4 #3 cans. ---
Leafy, yellow-colored, and green-colored vegetables	3 lbs. ---	5 lbs. ---	6 lbs. ---	7 lbs. ---	9 lbs. ---	12 lbs. ---
Dried fruit	1 lb. ---	1 lb. ---	1½ lbs. ---	1½ lbs. ---	2 lbs. ---	2½ lbs. ---
Other vegetables or fruit	4 lbs. ---	4-5 lbs. ---	6 lbs. ---	7 lbs. ---	8 lbs. ---	10 lbs. ---
BREAD, FLOUR, CEREALS—						
All in form of cereals and flour	8 lbs. ---	10-12 lbs. ---	14 lbs. ---	17 lbs. ---	20 lbs. ---	24 lbs. ---
OR						
Bread (part whole grain) ⁵ and	4 1-lb. loaves ---	5-6 1-lb. loaves. ---	5 1½-lb. loaves. ---	6 1½-lb. loaves. ---	7 1½-lb. loaves. ---	8 1½-lb. loaves. ---
Assorted cereals: Oatmeal, wheat, rice, macaroni, cornmeal, flour	5 lbs. ---	7-8 lbs. ---	9 lbs. ---	11 lbs. ---	13 lbs. ---	16 lbs. ---
FATS—						
Butter, margarine	¾ lb. ---	1 lb. ---	1 lb. ---	1¼ lbs. ---	1¼ lbs. ---	1½ lbs. ---
Lard, oils, salt pork, bacon	¾ lb. ---	1 lb. ---	1½ lbs. ---	1¾ lbs. ---	2¼ lbs. ---	3 lbs. ---
SUGARS—						
Sugar	1½ lbs. ---	1½-2 lbs. ---	2 lbs. ---	2½ lbs. ---	3 lbs. ---	4 lbs. ---
Cane or sorgo molasses or sirup ⁶	½ pt. ---	½ pt. ---	½ pt. ---	½ pt. ---	1 pt. ---	1½ pts. ---
LEAN MEAT, EGGS, ETC.—						
Cheese, American	½ lb. ---	½ lb. ---	½ lb. ---	½ lb. ---	¾ lb. ---	1 lb. ---
Eggs	½ doz. ---	1 doz. ---	1½ doz. ---	1½ doz. ---	2 doz. ---	2½ doz. ---
Lean meat, fish	2½ lbs. ---	2½-3 lbs. ---	3½ lbs. ---	4 lbs. ---	5 lbs. ---	6 lbs. ---
ACCESSORIES—						
Coffee	½ lb. } 0.25	½ lb. } 0.25	½ lb. } 0.25	½ lb. } 0.30	½ lb. } 0.35	½ lb. } 0.40
Tea	⅛ lb. }	⅛ lb. }	⅛ lb. }	⅛ lb. }	⅛ lb. }	⅛ lb. }
Cocoa	¼ lb. }	¼ lb. }	¼ lb. }	¼ lb. }	¾ lb. }	1 lb. }
Baking powder, salt, etc.	As needed.	As needed.	As needed.	As needed.	As needed.	As needed.
COD-LIVER OIL (for each child under 2 years)	---	3-4 oz. ---	3-4 oz. ---	3-4 oz. ---	3-4 oz. ---	3-4 oz. ---
Total cost (per week)---	\$---	\$---	\$---	\$---	\$---	\$---

¹ The smaller allowances apply if the child is under 6 years of age; the larger if the child is over 6 and under 12. Children in their teens need as much food as adults, and often more.² Includes one child of teen age.³ See reverse of this sheet for equivalents in evaporated milk, skim milk (fresh or dried), and cheese. Add equivalent of 3½ quarts of fresh whole milk to each weekly allowance for families in which the mother is pregnant or lactating.⁴ Oranges may be bought if, when waste is taken into account, they are as cheap as canned tomatoes.⁵ If baking is not done at home, increase bread allowance. Deduct ½ pound of flour for each added pound of bread purchased.⁶ If desired, use 1 pint (about 1½ pounds) of molasses or sirup for 1 pound of sugar.

In all relief the food budget should provide a diet adequate to maintain health and growth over an indefinite period of time and should allow an ample margin of safety in all nutritive essentials.

Calculate the minimum cost of the above diets from local market

prices for the cheapest form of each food listed. Recalculate every two weeks or every month to take account of changing prices.

Household supplies are usually provided in connection with food allowances and should always be estimated for in giving relief.

RESTRICTED DIETS FOR EMERGENCY USE

CONTAINING ONLY THE "IRREDUCIBLE AMOUNTS" OF PROTECTIVE AND OTHER FOODS

Approximate quantities needed weekly by typical families

Item	2 adults	Parents and 1 child ¹	Parents and 2 children under 12 years	Parents and 3 children under 15 years ²	Parents and 4 children under 15 years ²	Parents and 5 children under 15 years ²
MILK, pasteurized whole, or its equivalent ³	7 pts. \$---	7 qts. \$---	10½ qts. \$---	14 qts. \$---	17½ qts. \$---	21 qts. \$---
VEGETABLES AND FRUIT—						
Potatoes	6 lbs. ---	8-9 lbs. ---	11 lbs. ---	13 lbs. ---	15 lbs. ---	19 lbs. ---
Dried beans and peas ⁴	1 lb. ---	1½ lbs. ---	1½ lbs. ---	2 lbs. ---	2½ lbs. ---	3 lbs. ---
Tomatoes ⁵	2 #2 cans. ---	2 #2 cans. ---	3 #2 cans. ---	4 #2 cans. ---	3 #3 cans. ---	3 #3 cans. ---
Leafy, yellow-colored, and green-colored vegetables	2 lbs. ---	2-3 lbs. ---	3 lbs. ---	4 lbs. ---	5 lbs. ---	6 lbs. ---
Dried fruit	½ lb. ---	½ lb. ---	¾ lb. ---	1 lb. ---	1 lb. ---	1¼ lbs. ---
Other vegetables or fruit	2 lbs. ---	2 lbs. ---	3 lbs. ---	3½ lbs. ---	4 lbs. ---	5 lbs. ---
BREAD, FLOUR, CEREALS—						
All in form of cereals and flour	9 lbs. ---	12-13 lbs. ---	16 lbs. ---	19 lbs. ---	24 lbs. ---	27 lbs. ---
OR						
Bread (part whole grain) ⁶	4 1-lb. loaves. ---	5-6 1-lb. loaves. ---	5 1½-lb. loaves. ---	6 1½-lb. loaves. ---	7 1½-lb. loaves. ---	8 1½-lb. loaves. ---
Assorted cereals: Oatmeal, wheat, rice, macaroni, cornmeal, flour	6 lbs. ---	8-9 lbs. ---	11 lbs. ---	13 lbs. ---	17 lbs. ---	19 lbs. ---
FATS—						
Butter, margarine	½ lb. ---	½ lb. ---	½ lb. ---	½ lb. ---	¾ lb. ---	1 lb. ---
Lard, oils, salt pork, bacon	1 lb. ---	2-2¼ lbs. ---	2½ lbs. ---	3 lbs. ---	3½ lbs. ---	4 lbs. ---
SUGARS—						
Sugar	1½ lbs. ---	2-2½ lbs. ---	2½ lbs. ---	3 lbs. ---	4 lbs. ---	5 lbs. ---
Cane or sorgo molasses or sirup ⁷	½ pt. ---	½ pt. ---	1 pt. ---	1 pt. ---	1 pt. ---	1 pt. ---
LEAN MEAT, EGGS, ETC.—						
Cheese, American	½ lb. ---	½ lb. ---	½ lb. ---	½ lb. ---	¾ lb. ---	1 lb. ---
Eggs	¼ doz. ---	½ doz. ---	¾ doz. ---	1 doz. ---	1 doz. ---	1 doz. ---
Lean meat, fish	1 lb. ---	1-1½ lbs. ---	1½ lbs. ---	2 lbs. ---	2½ lbs. ---	3 lbs. ---
ACCESSORIES—						
Coffee	½ lb. ---	½ lb. ---	½ lb. ---	½ lb. ---	½ lb. ---	½ lb. ---
Tea	⅛ lb. ---	⅛ lb. ---	⅛ lb. ---	⅛ lb. ---	⅛ lb. ---	⅛ lb. ---
Cocoa	¼ lb. ---	¼ lb. ---	¼ lb. ---	½ lb. ---	¾ lb. ---	1 lb. ---
Baking powder, salt, etc.	As needed.	As needed.	As needed.	As needed.	As needed.	As needed.
COD-LIVER OIL (for each child under 2 years)						
		2-3 oz. ---	2-3 oz. ---	2-3 oz. ---	2-3 oz. ---	2-3 oz. ---
Total cost (per week) ---	\$---	\$---	\$---	\$---	\$---	\$---

¹ The smaller allowances apply if the child is under 6 years of age; the larger if the child is over 6 and under 12. Children in their teens need as much food as adults, and often more.² Includes one child of teen age.³ See reverse of this sheet for equivalents in evaporated milk, skim milk (fresh or dried), and cheese. Add the equivalent of 3½ quarts of fresh whole milk to each weekly allowance for families in which the mother is pregnant or lactating.⁴ Increase by one-half or double the allowance for beans and peas, if desired. For each added pound of dried beans, decrease the flour or cereal allowance by 1 pound or the potato allowance by 5 pounds.⁵ Oranges may be bought if, when waste is taken into account, they are as cheap as canned tomatoes.⁶ If baking is not done at home, increase bread allowance. Deduct ⅔ pound flour for each added pound of bread purchased.⁷ If desired, 1 pint (about 1½ pounds) molasses or sirup may be used for 1 pound of sugar.

These restricted diets are for emergency use only. They are a guide when funds are insufficient to provide a fully adequate diet. The "irreducible amounts" represent quantities below which no diet should ever fall, and they may not be adequate for use over a long period of

time. Make every effort to increase the amounts of milk, vegetables, fruit, and, if there are young children, cod-liver oil to meet the allowance in "Adequate Diets at Minimum Cost."

SAMPLE WEEKLY FOOD ORDER

ADEQUATE DIET AT MINIMUM COST FOR FAMILY OF 5—PARENTS AND 3 CHILDREN

Milk, bread and cereals, vegetables and fruit are the most important foods

Item	Quantity	Price	Amount	Item	Quantity	Price	Amount	Item	Quantity	Price	Amount
MILK				VEGETABLES, FRUITS (canned may be used, if necessary)				FATS			
Equivalent of 28 quarts whole milk—				13 pounds potatoes				3 pounds—			
Pasteurized whole				6 pounds tomatoes				Butter			
Evaporated (14½-oz. cans)				7 pounds leafy, yellow-colored, or green-colored vegetables:				Margarine			
Pasteurized skim				Cabbage				Lard, cooking fats			
Butter (in addition to fat allowance)				Carrots				Salt pork			
Dried skim				Greens, spinach, kale				Vegetable oil			
Butter (in addition to fat allowance)				Rutabaga				SUGARS			
American (Cheddar) cheese				Squash				3 pounds—			
BREAD, FLOUR, CEREALS				String beans				Sugar			
9 pounds bread and				2 pounds dried legumes:				Molasses or sirup			
10 pounds flour or cereal OR				Beans				LEAN MEAT, EGGS, ETC.			
17 pounds flour and assorted cereals:				Lentils				Eggs			
Bread—				Peas				Lean meat			
Whole wheat				Peanut butter				Fish			
White				1½ pounds dried fruits:				Cheese, American			
Rye				Prunes				ACCESSORIES			
Flour, other cereals—				Raisins				Cocoa			
Wheat flour				Peaches, apricots				Coffee (½-pound limit)			
Cornmeal				7 pounds other vegetables and fruits:				Tea (⅓-pound limit)			
Hominy				Onions				Salt			
Rolls oats				Turnips				Baking powder			
Whole-wheat cereal				Beets				Condiments			
Macaroni, spaghetti				Canned corn				Total cost			
Barley				Apples							
				Bananas							

NOTES TO RELIEF AGENTS

Lists of foods, such as the above, may be used as suggestions for mothers when cash relief is given, or as grocery orders when the order system of relief is used. They may be modified to provide for families of different sizes by using the quantities given on the reverse of this sheet. Families should be allowed as much choice as possible in the selection of food, because of differences in family, racial, and regional customs. Where food allowances are not made in cash, grocery orders should be supplemented with cash. A grocery order should give a list of foods, as above, and also the names of provision dealer, client, and relief organization, the amount of total food allowance, and the date of order, and should have space for a receipt.

Whenever possible, discuss the food allowance with each client in home visits or in meetings with small groups, so that foods may be selected and prepared intelligently. Call upon local teachers of home economics, public-health nurses, dietitians, and nutritionists to assist. Advice on food problems and printed information about foods and their preparation may be obtained from the extension service of the State agricultural college and the Bureau of Home Economics of the United States Department of Agriculture.

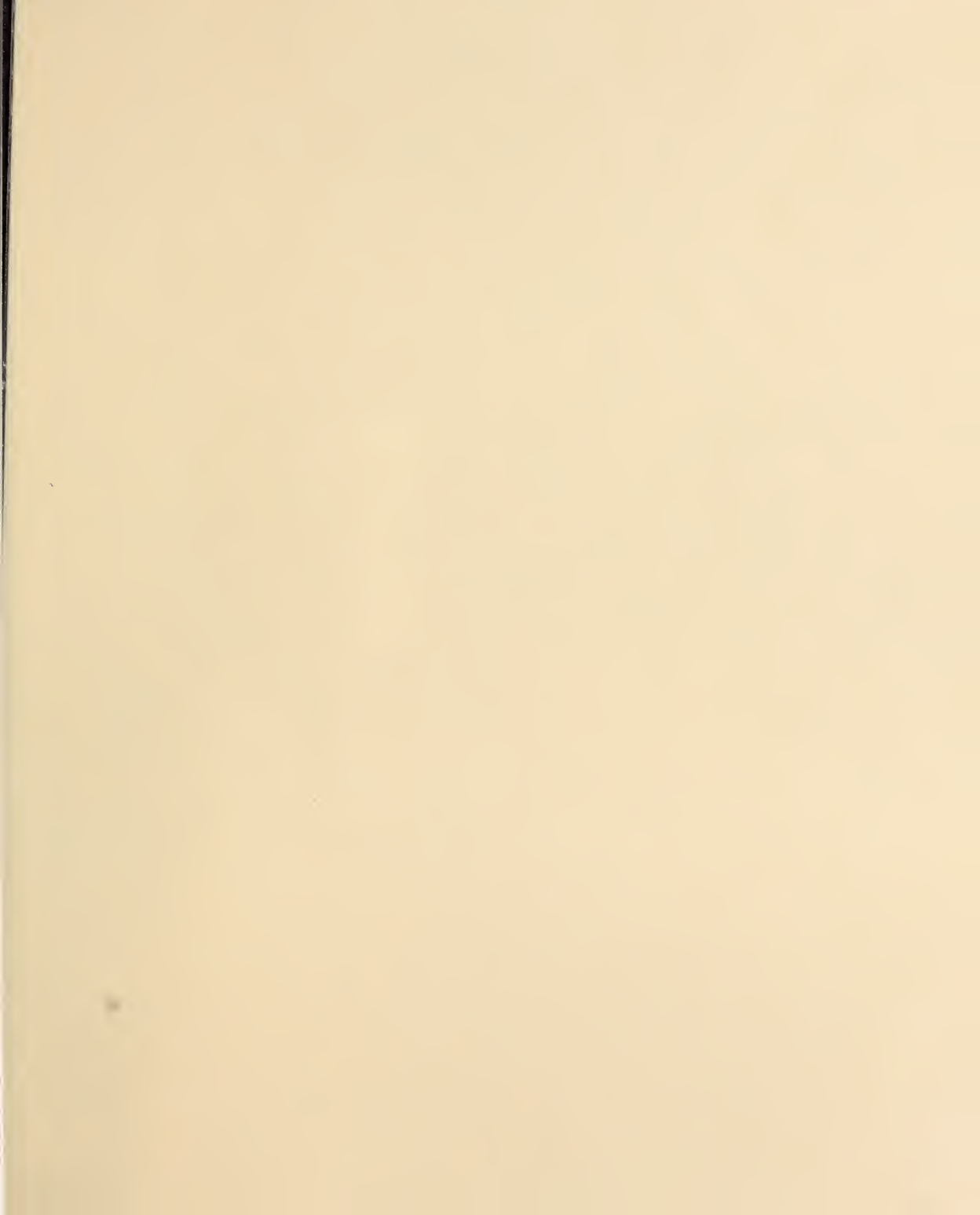
For the above sample order, the total or subtotal quantity of each type of food is that for the adequate diet suggested for a family of

five on the reverse side of this sheet. These quantities should be followed to provide the best food value for the money, but a choice of articles under each head may be permitted as indicated. If part of the milk supply is delivered to the family by a dairyman, the food order should show the additional number of quarts of fresh milk or number of cans of evaporated milk necessary to bring the whole amount to the total indicated.

If limited funds necessitate resorting temporarily to the Restricted Diet for Emergency Use, the total or subtotal quantities given for each type of food should be followed closely. It is important to include foods that will protect health as well as those that satisfy hunger.

Cod-liver oil (for all families in which there is a child under 2 years or an undernourished child) may be purchased very economically in pint bottles. If a welfare agency buys it at wholesale for distribution among families, considerable further savings will be made.

See also publication entitled, "Emergency Food Relief and Child Health," prepared by the U. S. Children's Bureau and the U. S. Bureau of Home Economics. Weekly market orders and food lists in this publication have been revised (December, 1932) as shown on reverse of this sheet.



SUGGESTIONS FOR SPENDING FOOD MONEY WISELY

ADEQUATE DIETS AT MINIMUM COST

*In a family with children,
divide each dollar for food like this:*

One-third or more (about 35 cents) for milk and cheese.
Not more than one-fourth (25 to 20 cents) for vegetables and fruit.
About one-seventh (15 cents) for lean meat, eggs, and fish.
About one-seventh (15 cents) for bread, flour, and cereals.
The rest, about one-seventh (15 cents) for fats, sugars, and accessories.

RESTRICTED DIETS FOR EMERGENCY USE

*In a family with children,
divide each dollar for food like this:*

One-fourth or more (25 to 30 cents) for milk and cheese.
Not more than one-fourth (25 to 20 cents) for vegetables and fruit.
About one-tenth (10 cents) for lean meat, eggs, and fish.
One-fifth or more (20 cents) for bread, flour, and cereals.
The rest, about one-fifth (20 cents) for fats, sugars, and accessories.

MILK.—The following are about equal in food value:

- 1 quart fluid whole milk.
- 17 ounces evaporated milk (1 tall can holds 14½ ounces).
- 1 quart skim milk and 1½ ounces butter.
- 5 ounces American cheese (Cheddar).
- 4½ ounces dried whole milk.
- 5½ ounces dried skim milk and 1½ ounces butter.

COD-LIVER OIL should be given to all children under 2 years of age, and when diets are limited may well be given to all young children, especially to those who are undernourished.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIETS

EVERY MEAL.

- Milk for children.
- Bread for all.

EVERY DAY.

- Cereal in porridge, mush, or pudding.
- Potatoes.
- Tomatoes (or oranges) for children.
- One or more additional fruits or vegetables, especially vegetables of green or yellow color.
- Milk for all.
- Molasses, sugar, other sweets.
- Butter, fat meat, lard, other fats or oils.

TWO TO FOUR TIMES A WEEK.

- Tomatoes or raw cabbage for all.
- Dried beans, peas, peanuts.
- Eggs (especially for children).
- Lean meat, fish, poultry, or cheese.

(Plenty of water to drink is needed with any diet)